LGBT and Gender Dysphoria

பாலினமாறுபாடும்
பாலின வலியுணர்வும்

S. LAKSHMANAN, M.Phil(Psy), M.A.(Psy), PGDBA., DCL.,
Psychologist

LGBT

- **Lesbian**: This term is used for women whose romantic, and/or emotional orientation is towards other women. We can say that such women are sexually attracted to other women.
- **Gay:** This term is used to describe people particularly males that have romantic, and/or emotional orientation towards other males. We can say that such men are sexually attracted to other men.
- **Bisexual:** This term is used to describe people who are attracted to multiple genders equally which means they can have an attraction for the same gender or opposite gender. For example, a bisexual man who is married to a woman can have extramarital affair with another man. Similarly, a woman who is bisexual can have an attraction for other women other than his husband. This type of romantic or sexual attraction to people of any gender is also known as pansexuality.
- **Transgender:** This term is used to describe people whose gender identity or behaviour or expression do not match with the gender they were assigned at birth. For example, a male behaves like women despite having born with male genitalia such as he would like to wear female dresses, wear makeup and walk and talk like females. So, in this case, the

LGBT

- **L—Lesbian** [illegible] [illegible] [illegible] [illegible]
- **G—Gay**—[illegible] [illegible] [illegible]
- **B—Bisexual**—[illegible] [illegible] [illegible] [illegible]. [illegible] attraction towards more than one gender. [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] Pan sexual [illegible] [illegible]
- **T—transgender**—[illegible]—[illegible], [illegible]

Causes of Transgender child

- Sex hormones in the prenatal environment differentiate the male and female brain. One hypothesis proposes that transgender individuals may have been exposed to atypical levels of sex hormones during later stages of fetal development, leading to brain structures atypical of their sex assigned at birth.

“
திருநங்கை குழந்தைக்கான காரணங்கள்

▹ மகப்பேறுக்கு முற்பட்ட சூழலில் உள்ள பாலியல் ஹார்மோன்கள் ஆண் மற்றும் பெண் மூளையை வேறுபடுத்துகின்றன. கரு வளர்ச்சியின் பிற்கால
கட்டங்களில் திருநங்கைகள் வித்தியாசமான பாலின ஹார்மோன்களை வெளிப்படுத்தியிருக்கலாம் என்று ஒரு கருதுகோள் முன்மொழிகிறது.

[illegible] [illegible] *(Gender dysphoria)*

- [illegible] [illegible] *(Gender dysphoria)* [illegible] [illegible] [illegible]

DEFINITION
□□□□□□

- Gender dysphoria is the feeling of discomfort or distress that might occur in people whose gender identity differs from their sex assigned at birth or sex-related physical characteristics. Transgender and gender-diverse people might experience gender dysphoria at some point in their lives.
- *Gender dysphoria* as a general descriptive term refers to the distress that may accompany the incongruence between one’s experienced or expressed gender

- □□□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□□□, □□□ □□□□□□□□□ □□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□. □□□□□□□□□□□□□ □□□□□□□ □□□□□□□- □□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□ □□□ □□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□.

- □□□□□ □□□□□□□□□□□□ □□□ □□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□.

American Psychological Association

- APA’s 54 divisions are interest groups organized by members. Some represent sub disciplines of psychology (e.g., experimental, social or clinical) while others focus on topical areas such as aging, ethnic minorities or trauma.

American Psychological Association

- **<u>Gender related Divisions in APA.</u>**
- 35th Division: Society for the Psychology for women
- 44th Division: Society for the Psychological Study of Lesbian, Gay and Bisexual Issues

American Psychological Association

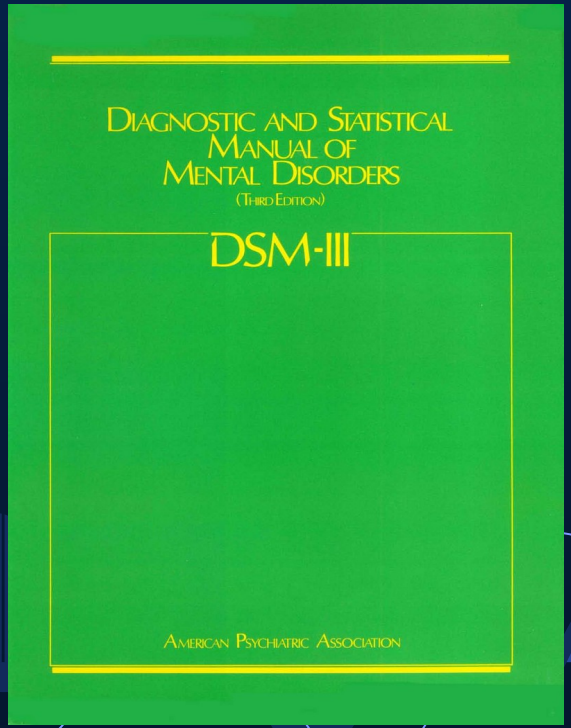
- Society for the Psychological Study of Lesbian, Gay and Bisexual Issues
  - **ORGANIZATIONAL HISTORY**
  - From 1981-1984, members of the American Psychological Association and an independent organization, the Association of Lesbian and Gay Psychologists, petitioned APA to create a new division focusing on lesbian, gay and Bisexual issues. Division 44 of APA, the Society for the Psychological Study of Lesbian, Gay and Bisexual Issues, was founded in 1985. Its members are mostly academic and applied psychologists and most are members of APA.

American Psychological Association

- Name Changed in 44th division of APA.
- The American Psychological Association's (APA) Division 44 - **The Society for the Psychology of Sexual Orientation and Gender Diversity (SPSOGD)** was founded as **the Society for the Psychological Study of Lesbian, Gay and Bisexual Issues** in 1985 by a group of pioneering LGB psychologists and their allies. The focal point for the Society at that time was the psychological research, practice, and education on the lives and realities of LGBT people. With time, SPSOGD has evolved to be inclusive to the spectrum of psychological and legislative issues that impact the LGBTQ community.

Diagnostic and Statistical Manual of Mental Disorders III (1980)

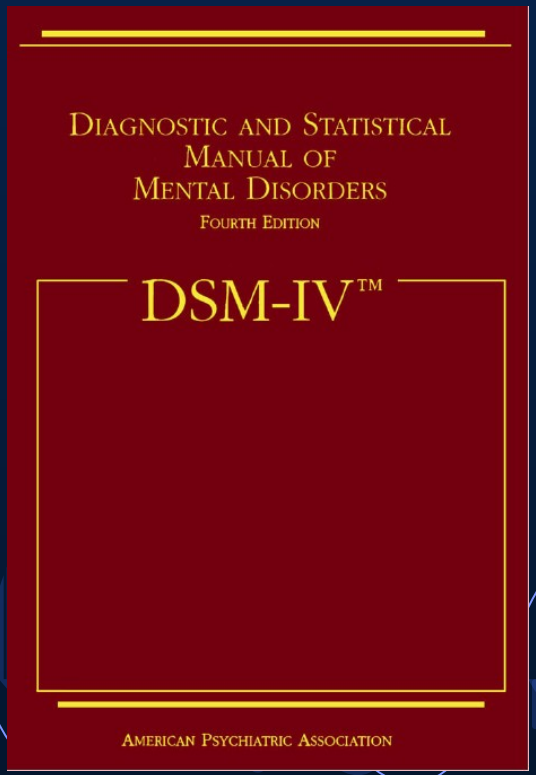
American Psychiatric Association



- **Psychosexual Disorders**
  - Gender identity disorders
  - Paraphilias
  - Psychosexual dysfunctions
  - Other psychosexual disorders

Diagnostic and Statistical Manual of Mental Disorders IV (1994)

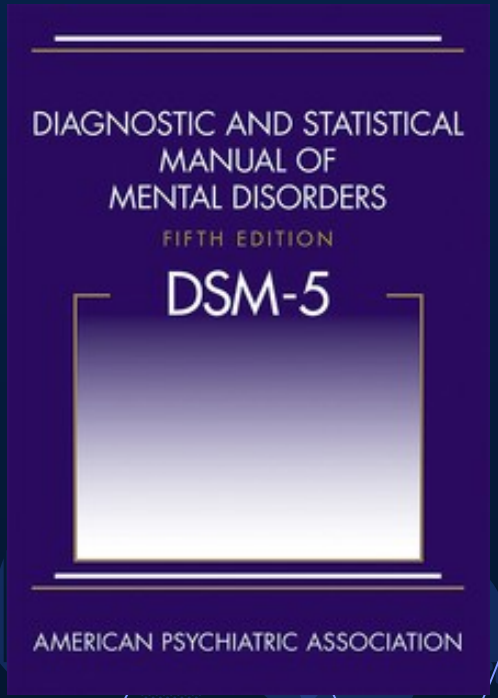
American Psychiatric Association



- Sexual and Gender Identity Disorders
  - Psychosexual dysfunctions
  - Paraphilias
  - Gender identity disorders
  - Other psychosexual disorders

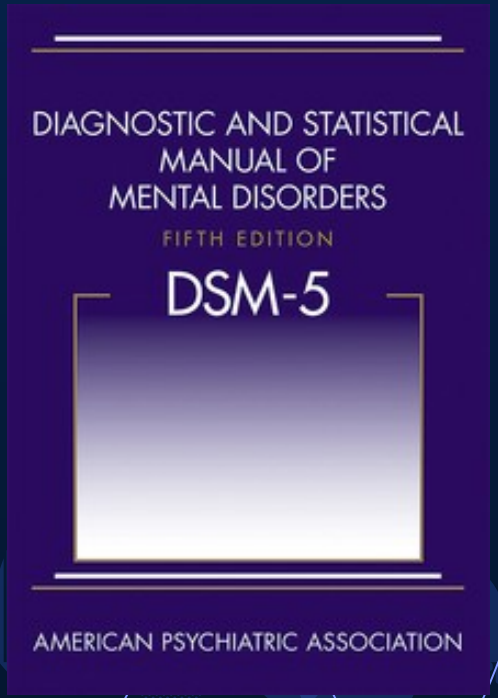
Diagnostic and Statistical Manual of Mental Disorders 5 (2013)

American Psychiatric Association



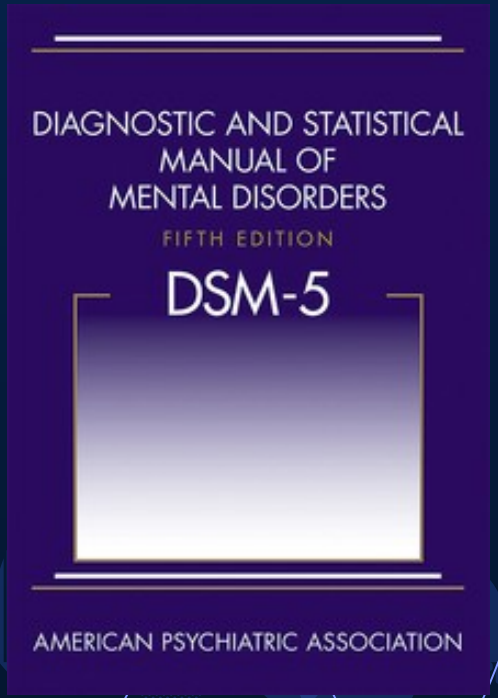
- Psychosexual dysfunctions
- Gender Dysphoria
- Paraphilic Disorders
-

Diagnostic and Statistical Manual of Mental Disorders 5
American Psychiatric Association



- **Gender Dysphoria**
- *Gender dysphoria refers to the distress that may accompany the incongruence between* one's experienced or expressed gender and one's assigned gender. Although not all individuals will experience distress as a result of such incongruence, many are distressed if the desired physical interventions by means of hormones and/or surgery are not available. The current term is more descriptive than the previous DSM-IV term *gender identity disorder* and focuses on dysphoria as the clinical problem, not identity per se.

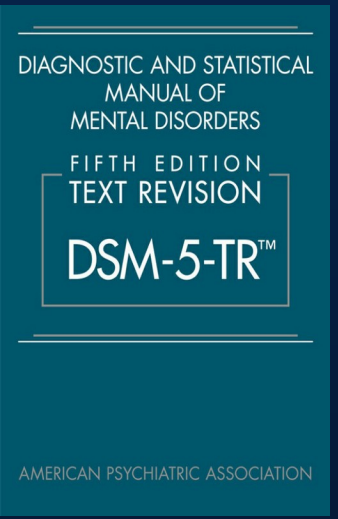
Diagnostic and Statistical Manual of Mental Disorders 5
American Psychiatric Association



- **Gender Dysphoria**
- [illegible]

Diagnostic and Statistical Manual of Mental Disorders 5 TR

American Psychiatric Association

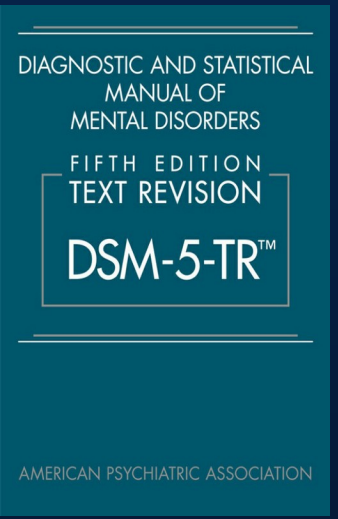


Gender Dysphoria

A concept designated in the DSM-5-TR as clinically significant distress or impairment related to gender incongruence, which may include desire to change primary and/or secondary sex characteristics. Not all transgender or gender diverse people experience gender dysphoria.

Diagnostic and Statistical Manual of Mental Disorders 5 TR

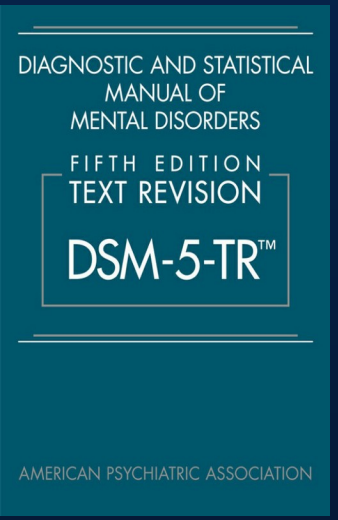
American Psychiatric Association



▷ [illegible]: [illegible] DSM-5-TR [illegible].

Diagnostic and Statistical Manual of Mental Disorders 5 TR

American Psychiatric Association

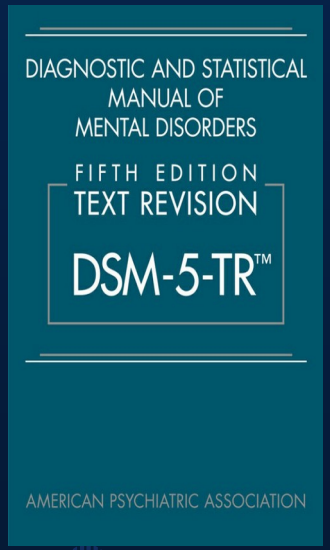


Gender Dysphoria

Gender dysphoria as a general descriptive term refers to the distress that may accompany the incongruence between one's experienced or expressed gender and one's assigned gender. However, it is more specifically defined when used as a diagnostic category. It does not refer to distress related to stigma, a distinct although. possibly co-occurring source of distress. *Transgender refers to the broad spectrum of individuals* whose gender identity is different from their birth-assigned gender. *Cisgender describes* individuals whose gender expression is congruent with their birth-assigned gender (also *nontransgender). Transsexual, a historic term, denotes an individual who seeks, is undergoing,* or has undergone a social transition from male to female or female to male, which in many, but not all, cases also involves a somatic transition by gender-affirming hormone treatment and genital, breast, or other gender-affirming surgery (historically referred to as *sex*

Diagnostic and Statistical Manual of Mental Disorders 5 TR

American Psychiatric Association



- **Gender Dysphoria**
- [illegible]

Disorders of sex development(DSDs) include somatic intersex conditions such as congenital development of ambiguous genitalia (e.g., clitoromegaly, micropenis)

- clitoromegaly : An enlarged clitoris describes a clitoris that's larger than it should be. The medical term for an enlarged clitoris is clitoromegaly or macroclitoris. It happens when women and people assigned female at birth (AFAB) have swelling in the erectile tissues of their clitoris.

- Micropenis is a medical term for a small but normally structured penis. Hormonal or genetic factors can cause this condition. Healthcare providers often note the condition during the newborn to early childhood period. As long as no other health concerns are present, a micropenis can function normally.

Disorders of sex development(DSDs) include somatic intersex conditions such as congenital development of ambiguous genitalia (e.g., clitoromegaly, micropenis)

- clitoromegaly : □□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□ □□□□□□ □□□□□□□□□ □□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□. □□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□. □□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□ □□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□ (AFAB) □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□.
- □□□□□□□□□□□□□ □□□□□□□ □□□ □□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□. □□□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□ □□□□ □□□□□□□ □□□□□□□□□□□□□□□. □□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□. □□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□ □□□, □□□ □□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□.

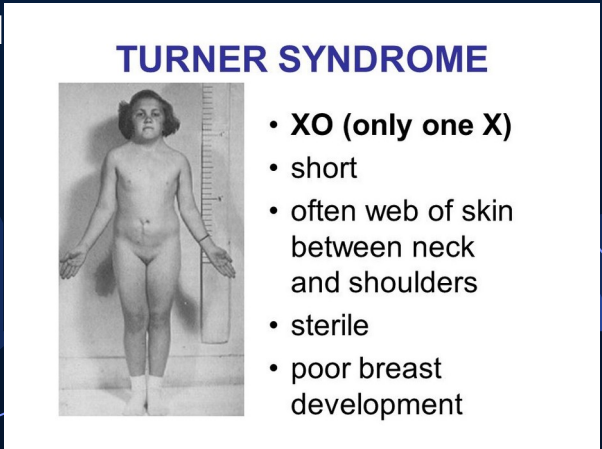
Disorders of sex development (DSDs) included the historical terms *hermaphroditism and pseudohermaphroditism*

- Hermaphroditism, also referred to as intersex, is a condition in which there is a discrepancy between the external and internal sexual and genital organs. It is grouped together with other conditions as a disorder of sex development (DSD).

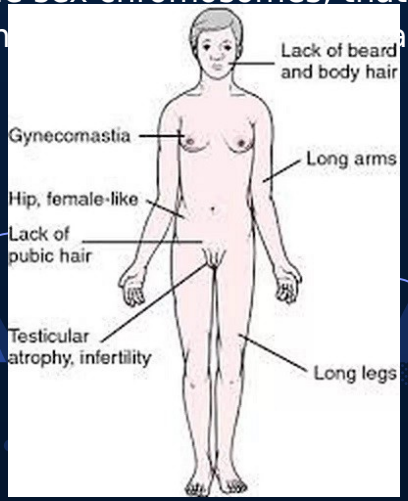
- The following case describes a male pseudohermaphrodite who presented with ambiguous genitalia, the condition of incomplete male differentiation of the external genitalia in an individual

sex chromosome anomalies
(e.g., Turner syndrome; Klinefelter syndrome)

- Turner syndrome, a condition that affects only females, results when one of the X chromosomes (sex chromosomes) is missing or partially missing. Turner syndrome can cause a variety of medical and developmental problems, including short height, failure of the ovaries to d



- Klinefelter syndrome (sometimes called Klinefelter's, KS or XXY) is where boys and men are born with an extra X chromosome. Chromosomes are packages of genes found in every cell in the body. There are 2 types of chromosome, called the sex chromosomes, that determin aby.



What is the root of gender dysphoria?

- The exact cause of gender dysphoria is unclear. Gender development is complex and there are still things that are not known or fully understood. Gender dysphoria is not related to sexual orientation. People with gender dysphoria may identify as straight, gay, lesbian or bisexual.

பாலின டிஸ்ஃபோரியாவின் வேர் என்ன?

▹ பாலின டிஸ்ஃபோரியாவின் சரியான காரணம் தெளிவாக இல்லை. பாலின வளர்ச்சி சிக்கலானது மற்றும் இன்னும் அறியப்படாத அல்லது முழுமையாக புரிந்து கொள்ளப்படாத விஷயங்கள் உள்ளன. பாலின
டிஸ்ஃபோரியா பாலியல் பாலியல் நாட்டத்துடன் தொடர்புடையது அல்ல. பாலின டிஸ்ஃபோரியா உள்ளவர்கள் நேராக, ஓரினச்சேர்க்கையாளர், லெஸ்பியன் அல்லது இருபாலினராக அடையாளம் காணலாம்.

What is the best treatment for gender dysphoria?

- Couples or family counseling to help reduce conflicts, create understanding, and provide a supportive environment. Gender-affirming hormone therapy (in the past called hormone replacement therapy) Gender-affirming surgery (in the past called sex-reassignment surgery)

பாலின டிஸ்ஃபோரியாவுக்கு சிறந்த சிகிச்சை என்ன?

▹ தம்பதிகள் அல்லது குடும்ப ஆலோசனைகள் மோதல்களைக் குறைக்கவும், புரிந்துணர்வை உருவாக்கவும், ஆதரவான சூழலை வழங்கவும் உதவும்.
பாலினத்தை உறுதிப்படுத்தும் ஹார்மோன் சிகிச்சை (கடந்த காலத்தில் ஹார்மோன் மாற்று சிகிச்சை என்று அழைக்கப்பட்டது) பாலின உறுதிப்படுத்தும் அறுவை சிகிச்சை (கடந்த காலத்தில் பாலின மறுசீரமைப்பு அறுவை சிகிச்சை என்று அழைக்கப்பட்டது)

Rates Of Persistence Of Gender Dysphoria

- Rates of persistence of gender dysphoria from childhood into adolescence or adulthood vary. In natal males, persistence has ranged from 2.2% to 30%. In natal females, persistence has ranged from 12% to 50%. Persistence of gender dysphoria is modestly correlated with dimensional measures of severity ascertained at the time of a childhood baseline assessment. In one sample of natal males, lower socioeconomic background was also modestly correlated with persistence. It is unclear if particular therapeutic approaches to gender dysphoria in children are related to rates of long-term persistence. Extant follow-up samples consisted of children receiving no formal therapeutic intervention or receiving therapeutic interventions of various types, ranging from active efforts to reduce gender dysphoria to a more neutral, "watchful waiting" approach. It is unclear if children "encouraged“ or supported to live socially in the desired gender will show higher rates of persistence,since such children have not yet been followed longitudinally in a systematic manner. For both natal male and female children showing persistence, almost all are sexually attracted to individuals of their natal sex. For natal male children whose gender dysphoria does not persist, the majority are *androphilic (sexually attracted to males) and often* self-identify as gay or homosexual (ranging from 63% to 100%). In natal female children whose gender dysphoria does not persist, the percentage who are *gynephilic (sexually* attracted to females) and self-identify as lesbian is lower (ranging from 32% to 50%).